

Build A Healthy Lunch!

Plan Ahead:

Making lunches the night before will help you to be less stressed in the morning.

Start with whole grain breads:

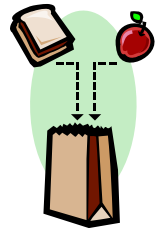
Whole wheat bread is made entirely from whole grain wheat flour and contains all the parts of the wheat kernel (the germ, bran and endosperm). Whole grains are superior to enriched grains because they include fiber and other nutrients.

"Wheat" bread uses enriched flour and typically contains a mixture of 75% white flour and only 25% whole wheat flour. By law, these grains have to be enriched with B vitamins and iron to replace the nutrients that are lost in processing.

Use low fat mayonnaise or mustard:

One tablespoon of full fat mayonnaise has 100 calories and 11 grams of fat.

Instead, use low fat mayonnaise, which has only 50 calories and 6 grams of fat in a tablespoon. Better yet, switch to mustard. Mustard has only 5 calories per teaspoon (or 15 calories per tablespoon) and very little fat. Other options include salsa, fat-free vinaigrette and balsamic vinaigrette.



Buy healthy lunchmeat:

Deli turkey, reduced-fat ham, and lean roast beef are good choices. Avoid bologna, salami, and full fat meats.

Add vegetables:

Increase the taste, fiber, and nutrients of your sandwich while adding very few calories. Use romaine lettuce, tomato slices, cucumbers, onion, and roasted peppers. For some healthy fat, add avocado, but keep the portion small; avocado is higher in calories than most vegetables. Store wet ingredients separately and add to your sandwich just before eating. This will keep your bread from getting soggy!

Chips, dips, and more:

Substitute fried potato chips with baked chips, pretzels, or baby carrots.

If you need a break from sandwiches, consider a large garden salad with grilled chicken, tuna salad, or hummus (a mild bean spread), cheese and crackers or peanut butter and crackers.

Bring hummus, salsa, or low-fat bean dip, and dip carrots, cucumbers, peppers, and baked chips!

Bring low sodium and reduced-fat soup to heat in the microwave.



Bring a potato and cook it in the microwave. Top with salsa, vegetables, and reduced-fat cheese.

Tips for ordering healthy sandwiches:

Ask for whole grain bread, low fat mayo or mustard, add extra veggies, and avoid high fat ingredients. Skip the fries and soda. Look at the sandwich size. Many restaurant sandwiches are high in fat and calories; consider eating half and saving the rest for the following day.

Drink smart:

Water and low fat milk are great choices for lunch. Trim 300 calories off your lunch by skipping the 20 oz. soda!



Salad Combinations



Salads are a quick, easy and healthy way to get a wide variety of fruits and vegetables each day. Many people get stuck in the traditional salad rut (iceberg lettuce, tomatoes, cucumbers, carrots), but with a little imagination and creativity, you can easily prepare appealing salads you will look forward to eating every day. Try a few different combinations. Mix the variety up a bit and let your imagination run wild!

Base:

- Spring Mix Salad Greens
- Baby Spinach Leaves
- Romaine Lettuce
- (Combine the above or use each separately)

Cheese:

- Crumbled Blue Cheese
- Crumbled Feta Cheese
- Sprinkled Parmesan Cheese
- Shredded Mozzarella Cheese
- Shredded Cheddar Cheese

Dried Fruit:

- Dried Cranberries
- Dried Apricots
- Dates
- Prunes
- Raisins

Nuts/Seeds:

- Chopped Walnuts
- Slivered Almonds
- Pecans
- Cashews
- Peanuts
- Sunflower Seeds
- Pistachios



Fruit:

- Strawberries
- Blueberries
- Blackberries
- Kiwi Fruit
- Mandarin Oranges
- Sliced Apple
- Sliced Pears
- Avocado
- Mango

Traditional Vegetables:

- Tomatoes
- Cucumbers
- Mushrooms
- Peppers
- Onion
- Carrot
- Broccoli

Dressing:

Choose a low-fat or fat-free variation. A vinaigrette tends to go best with the above combinations: (i.e. Balsamic vinaigrette, red wine vinaigrette, raspberry vinaigrette).

Optional:

For protein, add chicken, ham, turkey, shrimp, beans or hardboiled egg.



Eat Healthier without Giving up Your Favorite Foods

Instead of:

Replace with:

Dairy Products

Whole Milk

1% or nonfat milk

Ice Cream

Sorbet, sherbet, fat free frozen yogurt, low-fat ice cream

Sour Cream

Plain low-fat yogurt

Cream Cheese

Neufchatel cheese, light or low-fat cream cheese

Sliced Cheese

Light cheese, low-fat or nonfat cheese

Cereals and Pasta

Spaghetti, Pasta

Whole-wheat spaghetti or macaroni

Pasta with Cheese Sauce

Pasta with red sauce or vegetables

White Bread

Whole grain breads

Meat, Fish, Poultry.

Bologna, Hot Dogs

Turkey bologna, low-fat hot dogs

Bacon, Sausage

Canadian bacon, lean ham, turkey bacon, vegetarian breakfast sausages

Ground Beef

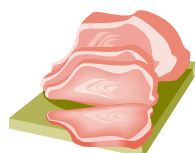
Extra lean ground beef, ground turkey

Chicken/Turkey with Skin

White meat chicken or turkey without skin

Oil Packed Tuna

Water packed tuna





Best Foods For Hitting the Trails

These foods are great to take hiking, backpacking, camping or on a long road trip. They are shelf stable and don't require refrigeration or special packaging. Consider purchasing some items in the single serving size so that once foods are open, they will be used up quickly.

- Peanut butter in plastic jars
- Single serving, 100% juice
- Canned tuna, ham, chicken, beef
- Beef jerky or other dried meats
- Dehydrated foods
- Dried fruits
- Nuts
- Powdered milk
- Instant coffee
- Instant soups
- Bottled water*
- Granola bars
- Energy bars
- Cereal bars
- Bagels
- Pretzels
- Crackers
- Popcorn
- Dried cereal
- Trail mix
- Instant oatmeal



*Fresh water from a lake or stream is not safe for drinking no matter how clear or clean it appears. Boiling water is the safest way to make sure lake or stream water is safe to drink because boiling kills the bacteria found in water. Bring water to a rolling boil and then continue to boil for one minute. At higher elevations the boiling point of water is lower so water should be boiled for several minutes. Alternately, a water purification system can be used.





Balancing Calories and Activity

Calories are the energy your body gets from food. It is important to balance the calories you eat with the calories you use. Use the chart below to see how many calories are burned with different activities. Then compare the amounts and kinds of common foods that equal those "activity" calories versus healthier food choices.

60 Minutes doing these activities:	Calories Burned	Common Food Choice	Healthier Choice
Sitting quietly	84	24 pieces candy coated chocolate	4 cups 94% fat-free popcorn
Lying down or sleeping	90	7 potato chips	1 apple + 1 slice cantaloupe
Bicycling (5 mph)	174	1 cupcake with chocolate frosting	1.5 oz. (16 pieces) animal crackers
Canoeing (2.5 mph)	174	1 chocolate glazed donut	1 whole wheat English muffin + 1 teaspoon margarine
Light housework (cleaning)	246	2.5 oz. pkg. strawberry licorice	2 chewy/soft granola bars
Swimming (25 yards/min.)	275	½ cup high fat ice cream	¾ cup fruit flavored frozen yogurt + ¾ cup grapes
Walking (3 mph)	320	1 (10 oz.) strawberry milk shake	8 oz. low-fat 1% chocolate milk + 1 medium banana
Gardening	323	4 high fat cookies	11 squares cinnamon graham crackers
Golf (carrying clubs)	324	1 cinnamon Danish pastry	2 packets apple & cinnamon oatmeal + 8 oz. non-fat milk
Ice skating (9 mph)	384	1 croissant, egg & cheese sandwich	1 ½ cups bran cereal with raisins + 8 oz. non-fat milk
Bicycling (12 mph)	410	2 crispy, crunchy fish sticks	2 bean burritos
Scrubbing floors	440	6-8 breaded & fried shrimp	2 cups whole wheat spaghetti + sauce
Aerobics	546	Large serving of french fries	3 oz. grilled chicken breast + 1 baked sweet potato + 1 slice Angel food cake with strawberries and whipped topping + 8 oz. non-fat milk
Cross-country skiing (5 mph)	690	Taco salad with dressing	8 oz. vegetarian lasagna + side salad + 2 garlic breadsticks + 8 oz. non-fat milk



Eating Out

The more often a person eats out, the more difficult it becomes to maintain a healthy weight. Americans consume more calories when eating away from home. If eating away from home:

- Choose baked, broiled or grilled foods.
- Share your meal, order a half-portion or order an appetizer as a main meal.
- Take half your meal home. Ask to have half your meal boxed up before you begin eating, so you will not be tempted to eat more.
- Stop eating when you begin to feel full. Enjoy the setting and socializing with your friends and family.
- Choose calorie-free beverages like water with a slice of lemon. If you do choose soft drinks or sugar-drinks, order a small instead of a large or 'super-size.'

